

# Swimming

## American Red Cross Swim Lesson Levels

### Level 1: Water Exploration (Shallow water lesson)

- ◆ Fully submerge face in water
- ◆ Front and back float with support
- ◆ Kicking on front and back with support
- ◆ Enter and exit the water independently



### Level II: Primary Skills (Shallow water lesson)

- ◆ Float on front and back unsupported for 5 seconds
- ◆ Swim on front 5 yards without assistance
- ◆ Swim on back 5 yards without assistance
- ◆ Retrieve objects under water chest deep

### Level III: Stroke Readiness (Mid-pool lesson: shallow and deep)

- ◆ Swim the front crawl for 10 yards
- ◆ Swim the back crawl for 10 yards
- ◆ Jump into deep water
- ◆ Bobs in water over the child's head

### Level IV: Stroke Development (Deep water lesson)

- ◆ Deep water bobs
- ◆ Standing dive from side of pool
- ◆ Elementary backstroke for 10 yards
- ◆ Front & back crawl 25 yards (entire length of pool)
- ◆ Breaststroke & Sidestroke kick with kickboard

**Preschoolers Aged 4&5 must register for Preschool Lesson only. Swimmers ages 6 & up should register for one levels indicated.**

**Participants must demonstrate all skills before moving on to the**

### Level V: Stroke Refinement (Deep water lesson)

- ◆ Front & back crawl for 50 yards
- ◆ Breaststroke & sidestroke for 10 yards
- ◆ Elementary backstroke for 25 yards

### Level VI: Skill Proficiency (Deep water lesson)

- ◆ Front & back crawl 100 yards
- ◆ Breaststroke & sidestroke 25 yards
- ◆ Swim the butterfly 10 yards
- ◆ Flip turn

### Level VI: Advanced Skills (Deep water lesson)

- ◆ Swim continuously 500 yards using any strokes
- ◆ Backstroke flip turn
- ◆ Tread water for 5 minutes

